

# Food Magic

**Directions:** In each lettered square of the puzzle, write the number of the term that best fits the description having that letter. If your answers are correct, the total of the numbers will be the same across, down, and diagonally. This total is the Magic Number. Write the Magic Number in the space provided.

<b>A</b>	<b>B</b>	<b>C</b>
<b>D</b>	<b>E</b>	<b>F</b>
<b>G</b>	<b>H</b>	<b>I</b>

### Descriptions

- A.   ? is a personalized way to approach healthful eating and physical activity.
- B. Food   ? can improve the flavor of food products and increase their shelf life.
- C.   ? is being seriously overweight due to excess body fat.
- D. Food   ? are reactions of the body's immune system to ingested food.
- E. Dietary   ? include vitamins, minerals, herbs, and other botanical products.
- F. Many people lead a(n)   ?, or inactive, lifestyle.
- G. A(n)   ? does not eat meat, poultry, or fish.
- H.   ? foods provide benefits beyond basic nutrition.
- I. In   ? foods, radiant energy destroys bacteria, mold, and insects.

### Terms

- 1. functional
- 2. obesity
- 3. allergies
- 4. MyPyramid
- 5. supplements
- 6. irradiated
- 7. sedentary
- 8. vegetarian
- 9. additives
- 10. daily minimum
- 11. Dietary Guidelines for Americans
- 12. vegan

**The Magic Number is \_\_\_\_\_.**

## Which Food Group?

**Directions:** Which food groups do the listed foods belong to? Write each food in the correct food group box below. Then follow the directions in *A Wise Health Decision*.

### Foods

<b>Orange juice</b>	<b>Tuna</b>	<b>Watermelon</b>	<b>Mushrooms</b>
<b>Spinach</b>	<b>Cottage cheese</b>	<b>Popcorn</b>	<b>Tortilla</b>
<b>Chicken</b>	<b>Dry Peas</b>	<b>Macaroni</b>	<b>Bagel</b>
<b>Walnuts</b>	<b>Oatmeal</b>	<b>Ice Cream</b>	<b>Banana Smoothie</b>
<b>Dried Cherries</b>	<b>Yogurt</b>	<b>Sweet Potatoes</b>	<b>Tofu</b>
<b>Cheddar Cheese</b>	<b>Cabbage</b>	<b>Salmon</b>	<b>Pita</b>

### Key Food Groups

<b>Vegetable Group</b>	<b>Fruit Group</b>
<b>Milk Group</b>	<b>Meat &amp; Beans Group</b>
<b>Grains Group</b>	

### A Wise Health Decision

While thumbing through a magazine, Claire saw an advertisement for a powdered substance to be added to milk. The ad suggested having the resulting milk shake by itself for lunches, saying the milk shake was nutritious and would give drinkers extra energy and help them lose weight. On separate paper, write your thoughts about the value of this product. Should Claire buy it? Why or why not?

## Portion Size Is Important

**Directions:** How do you know whether the amount of food you eat at a meal is too much, not enough, or the right amount? The real question is how amounts add up during the course of a day. By managing the amounts you eat at meals, however, you are more likely to eat appropriate amounts overall. To visualize reasonable serving sizes, draw a picture that symbolizes each serving size given on this and the next page. Use the guidelines in your textbook. For instance, to illustrate an ounce of cheese, draw four dice, actual size. Then follow the directions in *Too Much? Too Little?*

1. One cup of fruit, cereal, or popcorn:
2. Three ounces of meat:
3. One teaspoon of salad dressing or oil:

(Continued on next page)

**CHAPTER 16 (Continued)**

***Portion Size Is Important***

4. One pancake or waffle:

5. One-half cup of ice cream:

6. One teaspoon of butter:

**Too Much? Too Little?**

Think about the portions of food you typically eat. Based on the visuals and your own nutritional needs, are you eating too much of a particular food? Too little? The right amount? On separate paper, write your analysis.